nure and chemical fertilizers. Both level land and hillsides are cultivated by the same hand techniques: 3 × 6-foot patches are fashioned with walkways between, sods are overturned within the patches and allowed to dry, the sods are burned slowly and the ashes spread over the soil, and finally the seed is sown, either broadcast or sunk with the aid of the typical Khasi hoe. The coldest part of the upland enjoys a two-crop year, and Khasis often double crop as well. Paddy has long been found in the lowlands, in parts of Jaintia and Bhoi, the only places where the plow is found. Nowadays paddy is more and more seen in the uplands, together with a simple terracing and irrigation technology. Many upland Khasis have house gardens in which they raise a wide variety of vegetables, including pumpkins, cabbage, radishes, sweet potatoes, eggplant, and many others. Important crops in Bhoi country are paddy rice, lac, caoutchouc, cotton, bananas, and pineapples; in War, they are betel nut, pan leaf, oranges, and sugar cane. **Fishing and hunting.** Fishing is done by poisoning streams, but this is a subsistence activity only in the southern foothills. Hunting was formerly by bow and arrow or by traps, including spring guns and pitfalls, but was always primarily a sport. [Cf. Stegmiller 1925.] **Gathering.** Khasis once gathered about 150 species of wild plants, most of them for food, but some for medicine. Thrifty villagers still gather food plants, but there is no real dependence on gathering. Medicinal plants continue to be very important. **Domestic animals.** Fowl, goats, pigs, and cattle are bred both for meat and sacrifice. Milk was formerly not utilized, but is now so popular that specialists keep herds of milch cows. Pigs are used as village scavengers, but some also receive prepared food. Cattle and goats forage freely in the fields during the winter, but are herded by a communally hired herdsboy during the agricultural season. Most households keep chickens, primarily for their eggs, and a few keep ducks. A few horses are also seen. Dogs are pariahs, except for hunting dogs. Cats are popular. **Food and stimulants.** The staple food of Khasis is boiled rice, together with the dried fish which is imported from Sylhet. Boiled beef, pork, and chicken are relished, but beyond the means of most. Meals are taken twice a day, in the morning and evening, although farmers also take a midday meal in the field, and others may take tea and cold sweet potatoes or rice bread. Certain foods are taboo to certain sibs. Stimulants are extremely common, especially betel nut, which is often accompanied by a bit of tobacco. Tobacco is also smoked as cigarettes and in hookah and other pipes. Every village has one or more household taverns, where distilled rice whisky is cooked and sold by the glass and by the bottle. Imported opium had spread widely in the malarious Bhoi country, but controls instituted in the 1940s have been fairly successful. All stimulants were once taken by men, women, and

20: Hunter G-4 (no date) 1897 AR7 Khasi AR7

surface soil of the hills upon which the houses are built.' Cholera is attributed to importation from the plains.

SANITATION.—It has already been stated that the ordinary Khási villages are absolutely destitute of any conservancy arrangements. The sanitary condition, however, of the Station of Shillong is described as 'good.' The natural drainage is excellent. Drinking water is obtained chiefly from hill streams, and on the banks of these streams conservancy regulations are enforced. The water is conducted into the town by means of an artificial water-course. Public latrines have been erected at suitable places inside the town. The staff of sweepers and *beldárs* keeps the roads and drains clean, and the surface generally free from pollution. The sanitary condition of the cantonment is reported to be very good.

CHARITABLE DISPENSARY.—There is one dispensary in the Khási and Jáintiá Hills—at the Station of Shillong. It was first opened in 1872, and considerable additions have since been made to the building. During 1874 a total sum of Rs. 775. 8, or £77, 11s., was expended on new constructions and repairs, towards which the European residents subscribed Rs. 329. There is now accommodation for 10 male and 3 female patients. In that year the total number of in-door patients treated was 44, of whom 9 died, giving a death-rate of 20·45 per cent. The number of out-door patients was 529, or an average daily attendance of 7·8. Of the grand total of patients of both classes, only 31 were females. The largest number of cases are classified under the headings of fevers and constipation and colic. The total income during the year was Rs. 1598. 13. 9, or £159, 17s. 8d., of which Government contributed Rs. 300 for salaries, and an additional Rs. 300 as a special allowance. The European subscriptions amounted to Rs. 869, as compared with Rs. 33 subscribed by natives. The total expenditure was Rs. 1187. 15. 6, or £118, 16s., leaving a balance in hand of Rs. 410. 14. 3. The chief items were Rs. 480 for salaries of medical subordinates, Rs. 160 for servants' wages, and Rs. 222 for dieting of sick. There were 53 minor operations performed during the year.

The people of the District have no system of medicine of their own, and no native practitioners. Their sole remedies consist in divination and incantation. The only indigenous native drugs are chireta and wormwood. As stated in a previous paragraph, a small cinchona plantation was established by Government at Nongklao in 1867.